2010 Military Family Life Project

September 2012

BRIEFING OVERVIEW

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MILITARY FAMILY LIFE PROJECT (MFLP) OVERVIEW

- Sponsored by Military Community and Family Policy (MC&FP)
- Total of 9 spouse surveys have been conducted
- Results from past surveys have been used to support policy decisions that have had a positive impact on military families

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Methodology and Topics

- **2010 MFLP is the first wave in a longitudinal study of active duty spouses**
  - Longitudinal studies examine a group over long periods of time. This allows us to investigate and better understand changes in their lives over time.
    - Second wave was conducted in 2011 and third wave will be conducted in 2012
- **Population consists of spouses of active duty members of the Army, Navy, Marine Corps, and Air Force**
  - Survey conducted May 10 to August 31, 2010
  - Completed surveys were received from approximately 28,552 military spouses
    - Response rate of 30%
- **Survey topics included:**
  - Spouse employment, financial health, mental health, life in the military, and well-being (e.g., social support and marital stability)

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Study Purpose

- Two studies were conducted using the 2010 MFLP to understand what may potentially impact spouses' overall well-being. Two measures of well-being (Social Support and Marital Stability) were used.
- Study 1 presents the impact of housing location, resource use, and recency of deployment on measures of **Social Support**
  - It is hypothesized that
    - Housing, or the distance spouses live from base, will have a direct relationship with Social Support
    - Resource use, use of gym/fitness center, etc., will have a direct relationship with Social Support
    - Recency of deployments will have a direct relationship with Social Support
- Study 2 presents the impact of Social Support, resource use, and recency of deployment on measures of **Marital Stability**
  - It is hypothesized that
    - Higher Social Support will relate to higher marital stability
    - Higher resource use will relate to lower marital stability
    - Recency of deployments will relate to lower marital stability

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  - Social Support Index (SSI)
  - Study 1: Predictors of Social Support (Model)
  - Housing
  - Use of Resources at Any Point in Member's Recent Deployment Cycle
  - Recency of Deployments
  - Predictors of Social Support
- Study 2 16
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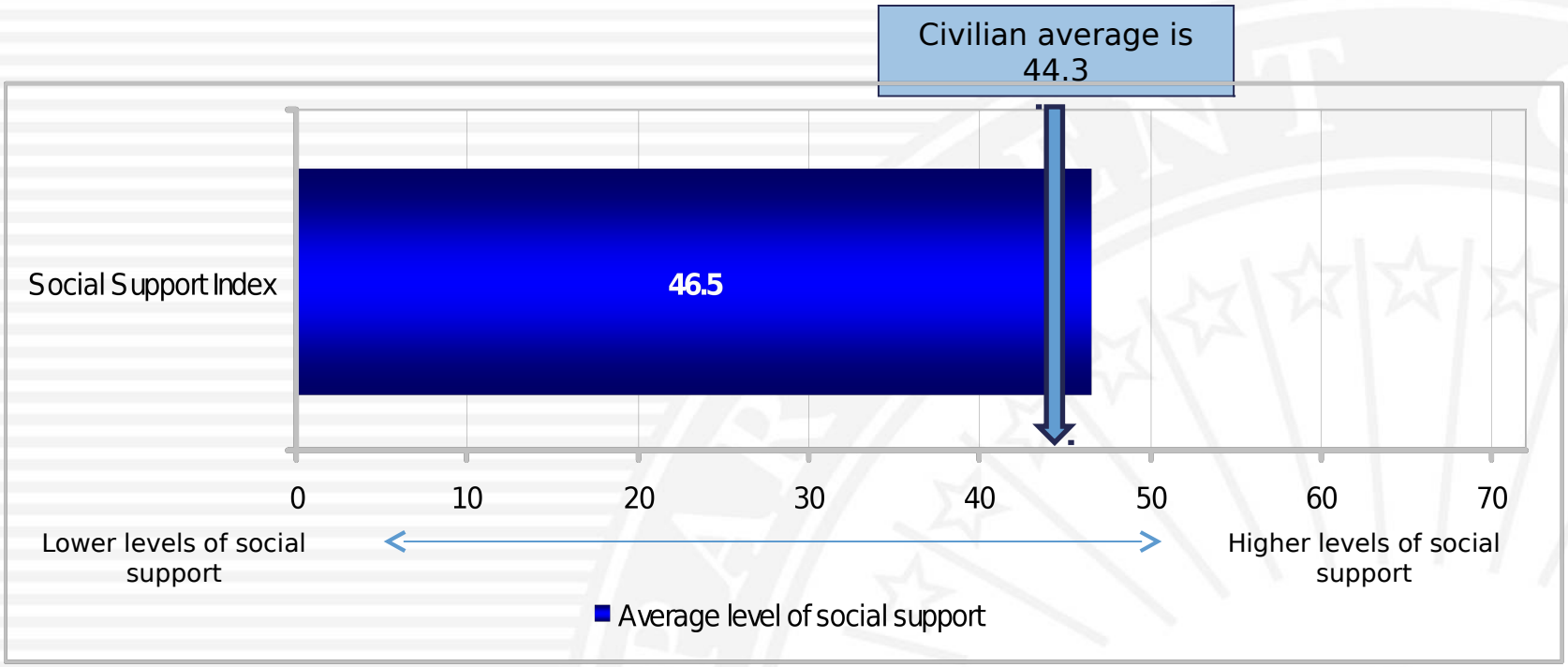
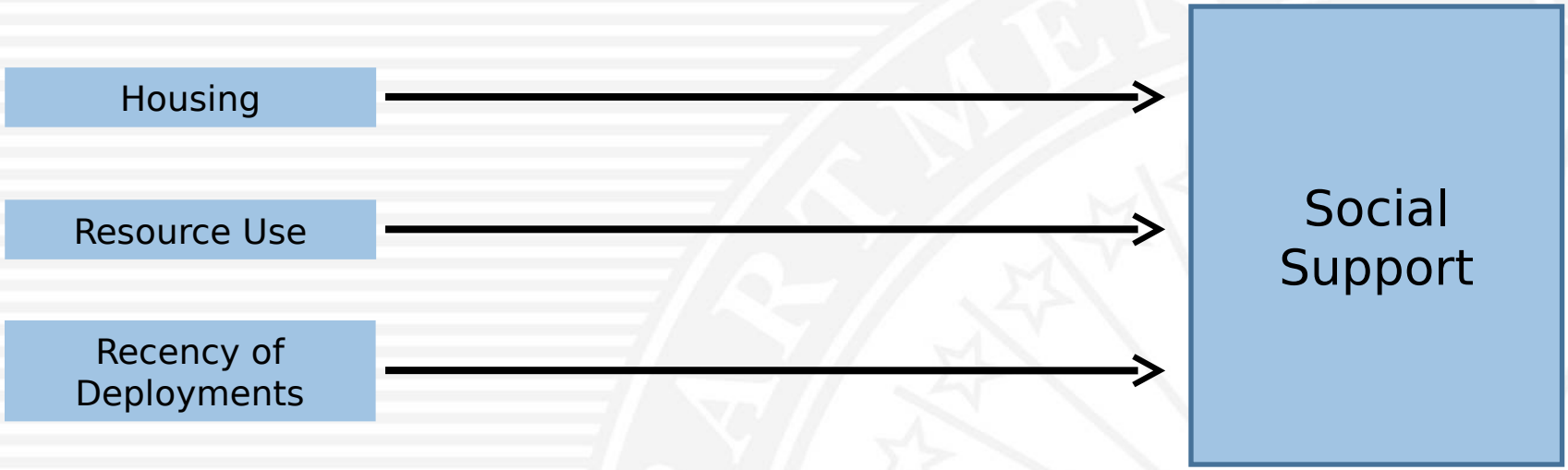
Social Support Index (SSI)
Average of All Active Duty Spouses



Note: Each item on the SSI is rated on a 0 to 4 scale. Overall SI scores are reported as a single figure, which is the sum of the scores across 18 items (range = 0-72). A higher total score indicates higher levels of social support. Civilian average is based on normal, healthy, families (Dewey, D. Crawford, S.G., 2007).

Margins of error do not exceed ±0.2

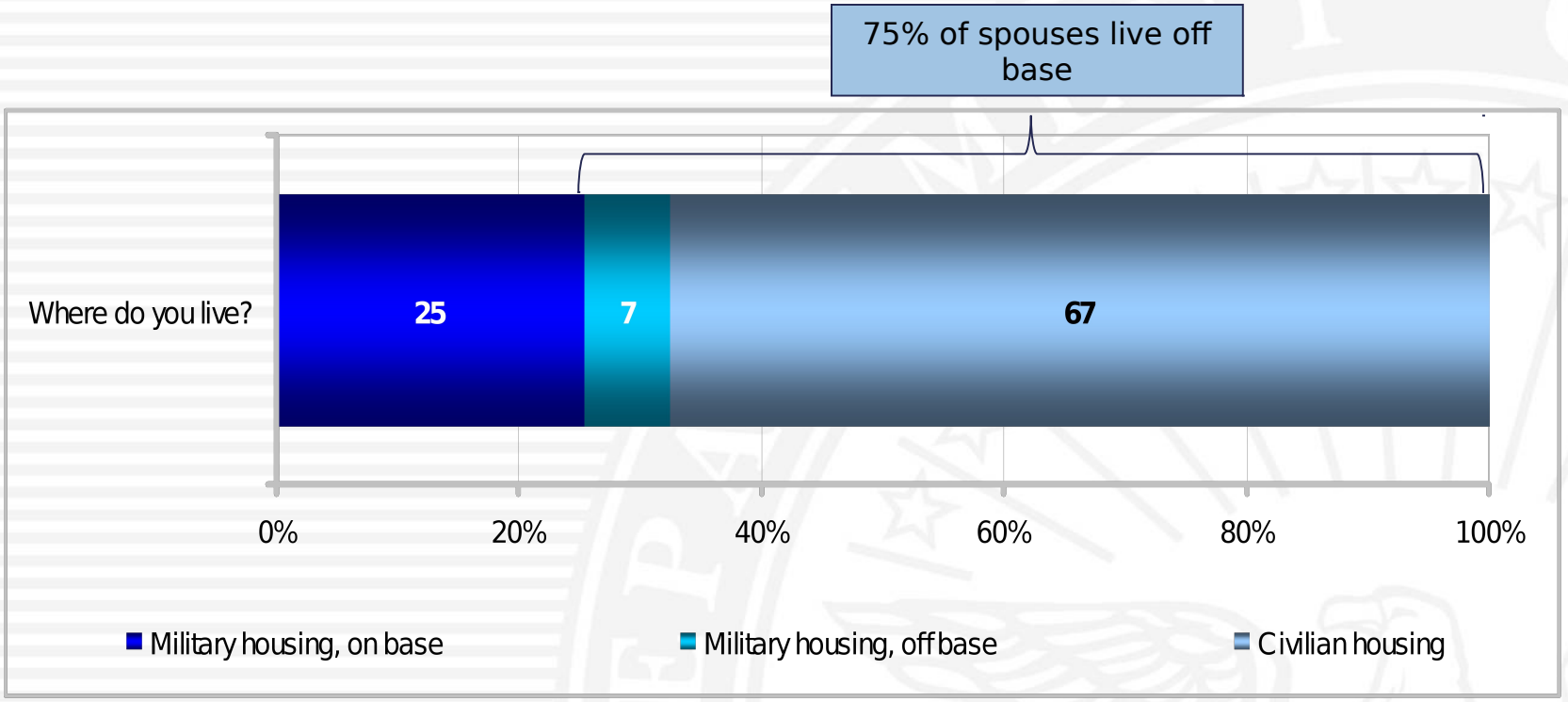
Study 1: Predictors of Social Support
Using Multiple Regression



Controlling for…

Education | Age of Member | Service

Housing
Percent of All Active Duty Spouses

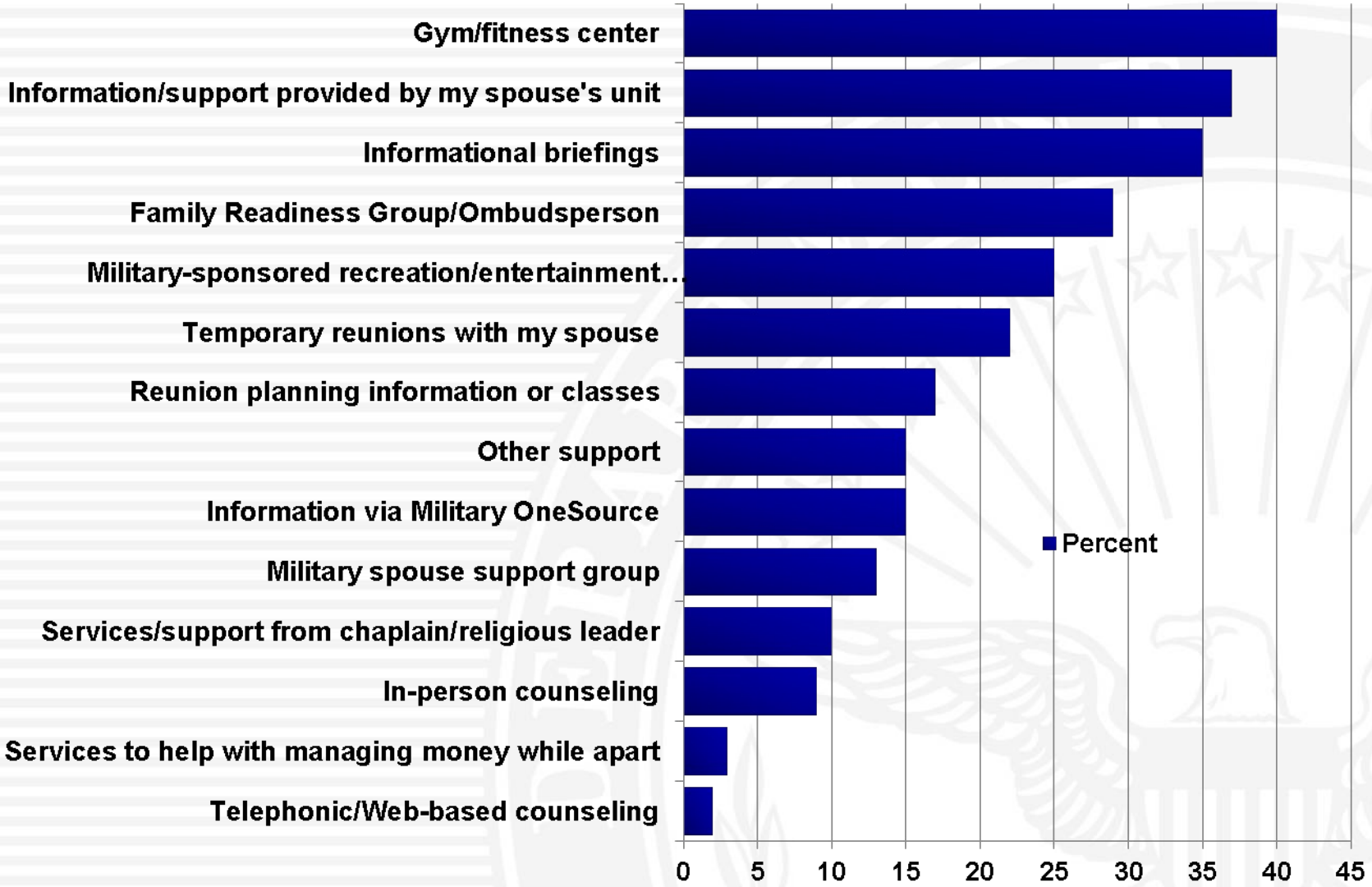


MFLP 2010 Q5

Margins of error do not exceed ±1%

Use of Resources at Any Point in Member's Recent Deployment Cycle

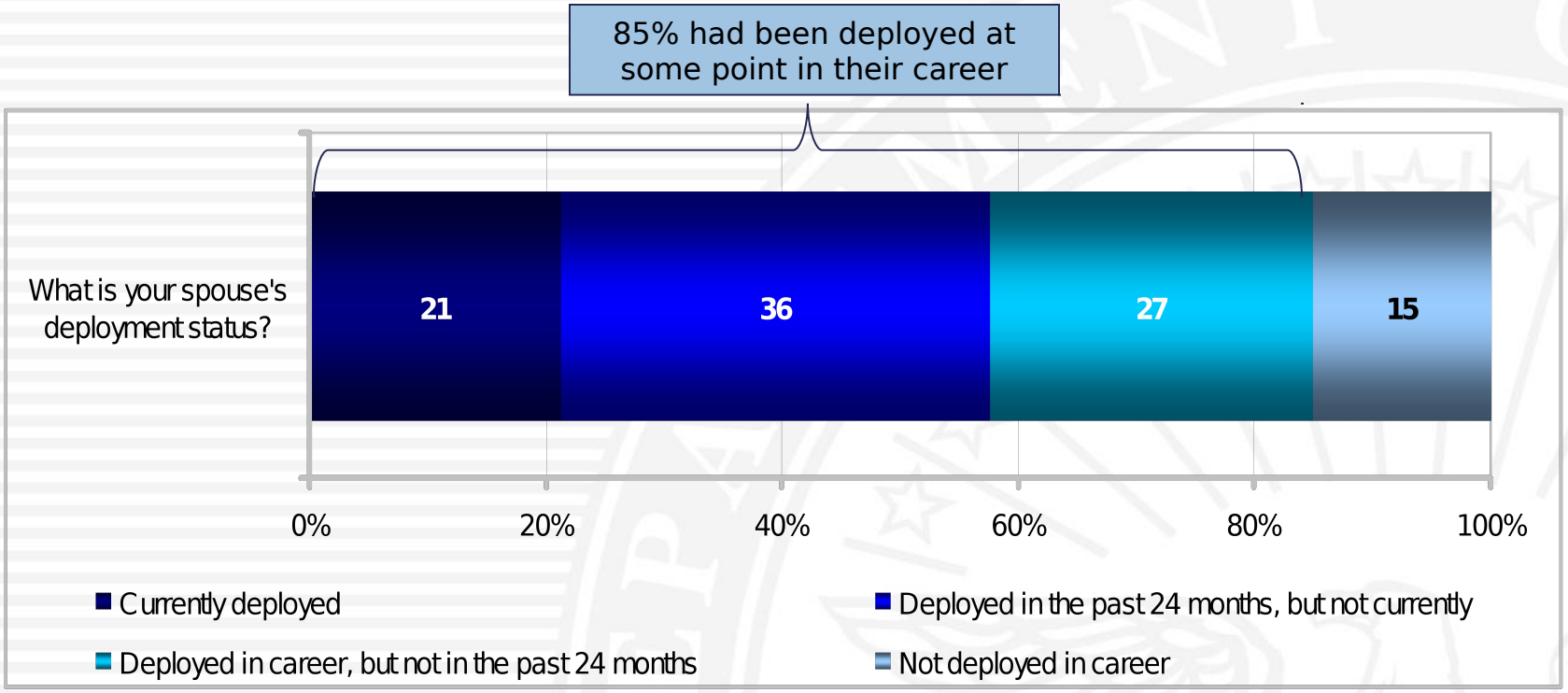
Percent of All Active Duty Spouses



MFLP 2010 Q81

Margins of error do not exceed ±1%

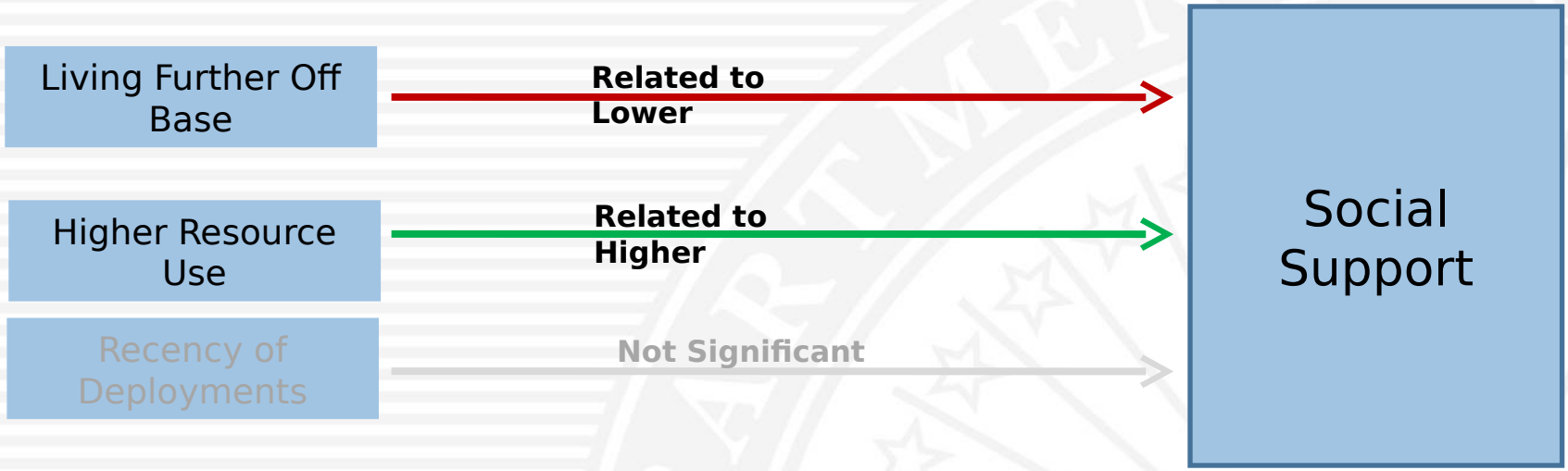
Recency of Deployments
Percent of All Active Duty Spouses



MFLP 2010 Q75

Margins of error do not exceed ±1%

Predictors of Social Support
Using Multiple Regression



This is true regardless of…

- Education
- Age of Member
- Service

* To control for differences between Army and other services, contrast coding was used with Army as the reference group.

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  - Study 2: Predictors of Marital Stability (Model)
  - Predictors of Marital Stability
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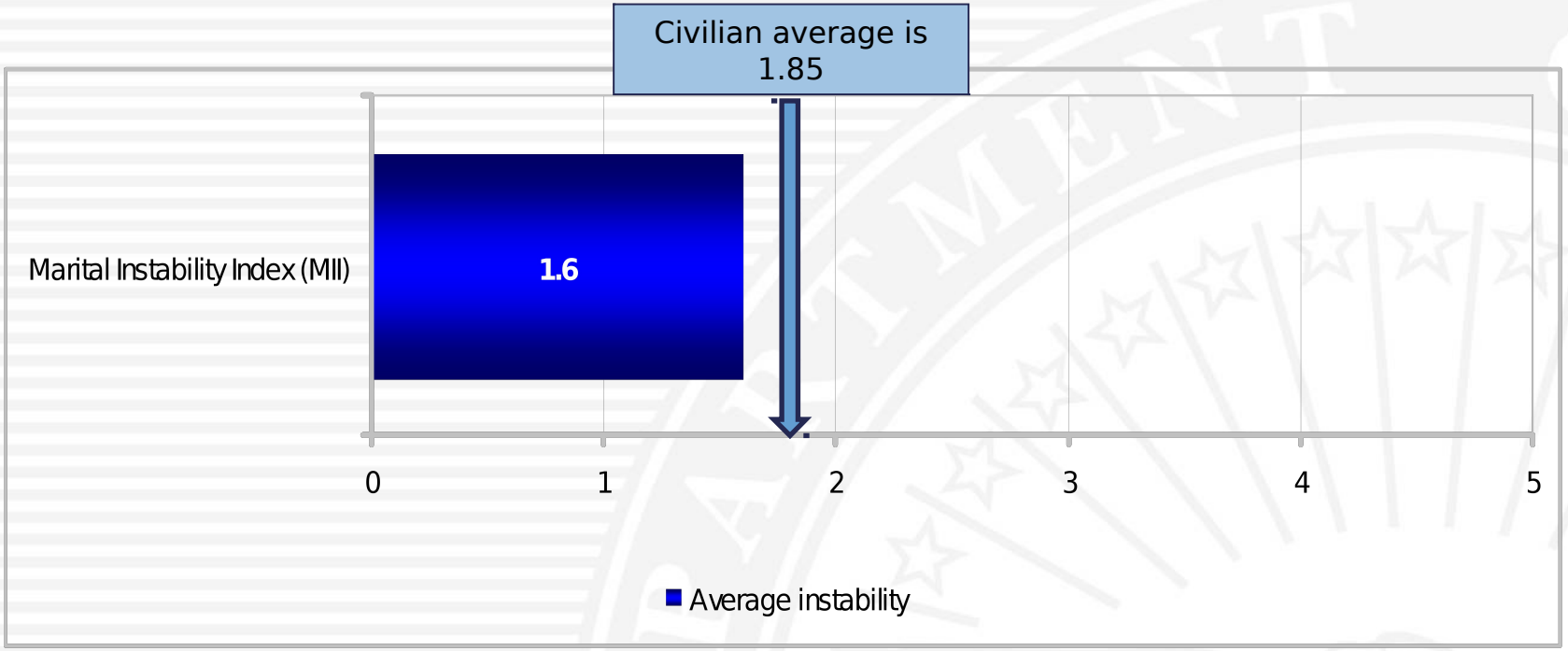
Marital Instability Index (MII)

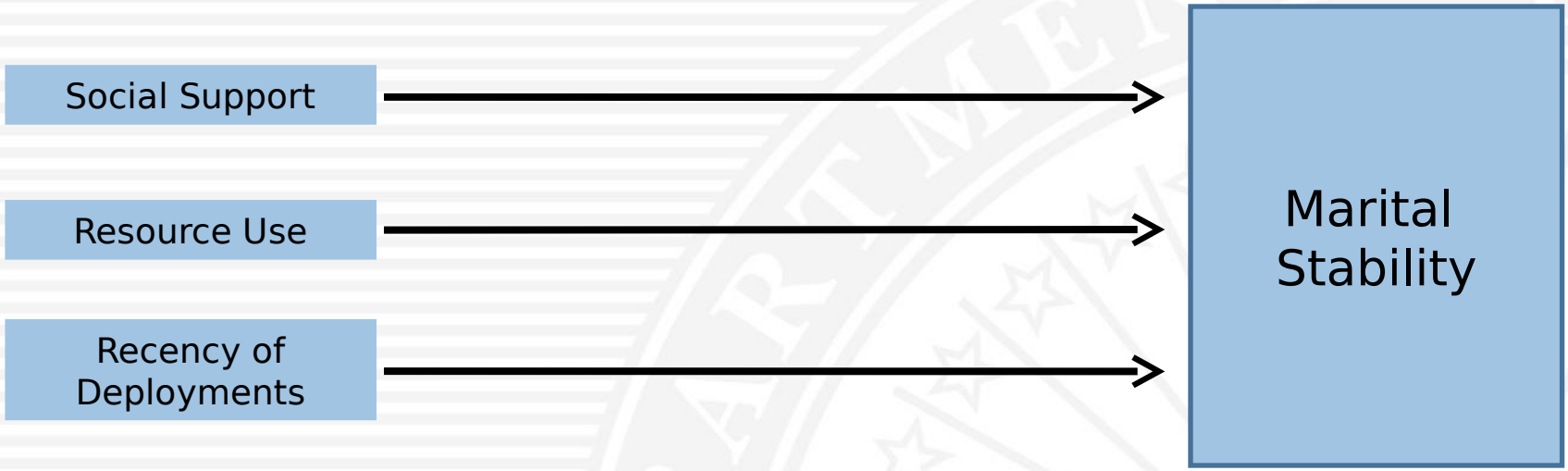
Average of All Active Duty Spouses



Note: Each item on the MII is scored 0 = No and 1 = Yes (5 items). Overall MII scores are reported as a single figure, which is the sum of the scores across all 5 items (range = 0-5). A higher total score indicates higher levels of instability in the marriage. Civilian average is based on married graduate students (mean = 1.81; Kardatzke, K.N., 2009) and 76 middle class married couples under the age of 55 (mean = 1.89; Conger, Elder, Lorenz, Simons, Whitbeck, Huck, and Melby, 1990).

Study 2: Predictors of Marital Stability

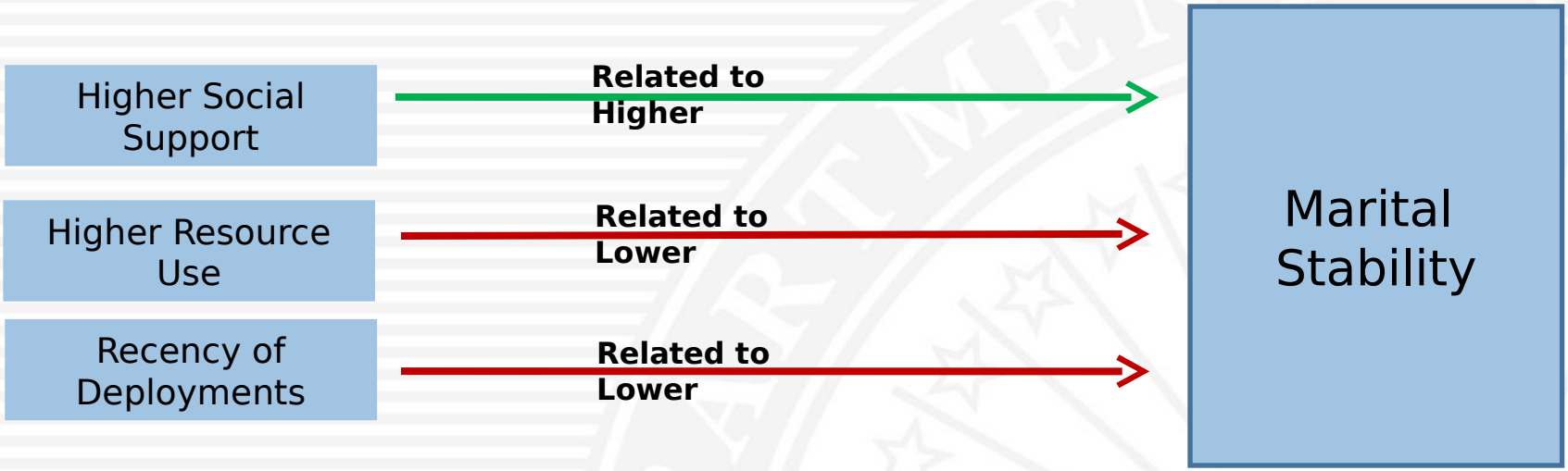
Using Multiple Regression



Controlling for…

Education | Age of Member | Service

Predictors of Marital Stability
Using Multiple Regression



This is true regardless of…

Education | Age of Member | Service

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Future Directions

- ***2012 Military Family Life Project***
  - This is the third wave of the MFLP which first fielded in 2010
  - Goal is to follow spouses across this past two years to determine how things have changed and whether these changes are a result of military-related events such as deployments, PCS moves, etc.
  - The results of these analyses will offer guidance on how to support this important group

Questions

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